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# Wicked winter fun

## Lots of great things to do in February at the right price

THE ROAD TO PLAY

PHOTO: THINKSTOCK

PHOTO: THINKSTOCK

February came in with a deep freeze, but this month is going out in a whirlwind of festivals and activities Feb. 15 to 28 in Regina.

Aboriginal storytelling month peaks during the last two weeks. Breeze through winter with the Sakewewak Artists' Collective's popular annual Storytellers Festival, Feb. 13 to 16 in a variety of events across the city. On Feb. 16 join Sami storyteller Ante Mikkel Gaup from Norway for lunch at the German Club. Then head for the Artful Dodger at 7:30 p.m. for final evening of the festival with Lorenzo and the Local Onlyz.

Storytelling continues Feb. 18 as part of the Royal Saskatchewan Museum's Family Fun Day, along with snowshoeing, crafts, scavenger hunts and more to celebrate the 20th anniversary of its First Nations Gallery.

For outdoor fun, head east of the city toward Pilot Butte Feb. 16 and 17 for the Provincial Cross Country Ski Championships at the Regina Wildlife Federation and White Butte Trails. The Regina Ski club will host Classic individual races Feb. 16 and skate sprint races Feb. 17.

For indoor-outdoor fun this Family Day weekend, check out Arctic/Arctique Adventures Feb. 18, 1 p.m. at the RCMP Heritage Centre. Activities range from crafts and scavenger hunts to snowshoeing and dog sled demonstrations, and a special presentation showing the realities of arctic policing.

If dance or visual art is your thing, try combining the two at New Dance Horizons' MagDance 2, Feb. 15 at the MacKenzie Art Gallery. Let the solo by Montreal composer, choreographer, director, and performer Jacques Poulin-Denis give you new perspective on the The Synthetic Age.

Victor Sawa and the Regina Symphony Orchestra Pops series takes you to the Oscars Feb. 16 with music from classic and contemporary films. Or if you prefer Mozart and Dvorak, try Five's a Crowd at Government House Feb. 23 to 24.

Finally, the February blues takes on a new meaning at month-end with the Mid-Winter Blues Festival, beginning Feb. 28 at 7 p.m. in the Royal Saskatchewan Museum. Join perennial favourites the Jack Semple Band, Eddie and the House Rockers, Evan Chambers & The Third Alarm and Bill Durst.

That's just the tip of the proverbial iceberg of Regina activities this month. There's sure to be something to suit your tastes and help you slide into spring this year.

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# SETTLEMENT STORIES

A BIBLE, A QUILT AND A PHOTO: A BLACK HISTORY MONTH SPECIAL PAGE 13

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# Housing summit set for May

**State of the City address.** Long-promised meeting to focus on affordable housing, feature federal and provincial governments

JEFF MACKEY
jeff.mackey@metronews.ca


While it may have lacked some of the pomp and posturing of U.S. President Barack Obama's state of the union address on Tuesday, Regina's State of the City address on Thursday was still quite the event.

In his speech, Mayor Michael Fougere laid out some of the issues he and his council have dealt with since taking office more than three months ago, as well as issues they will be addressing in the future.

"We are tackling some big issues like the stadium, the wastewater treatment plant, transit and the 2013 budget," said Fougere to the sold-out crowd.

The biggest announcement of the event, however, had to do with the mayor's long-promised housing summit.

"We will hold the summit during the week of May 13," said Fougere. "The summit will have federal and provincial government representation, along with community groups, developers, home builders and others."

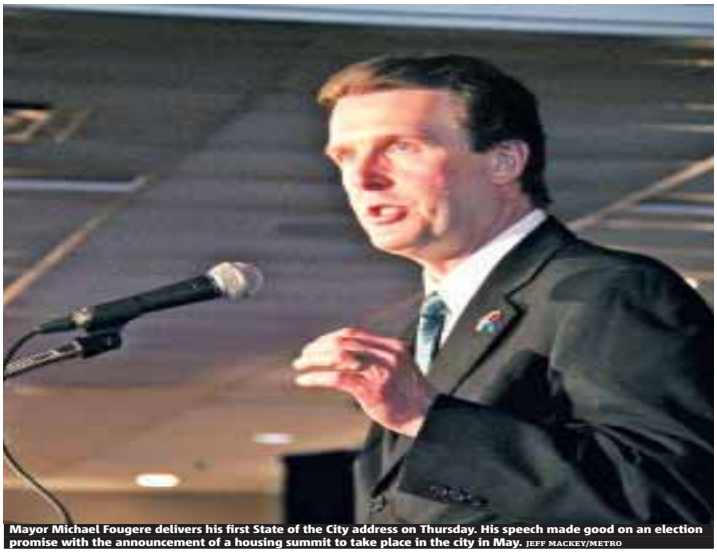
While details about the summit were kept vague, Fougere did discuss some of his housing strategy.

"The city will fast-track affordable housing applications," said Fougere, who also said the city would be proceeding with a pilot project incentivizing secondary or "granny suites."

More than 800 Reginans turned out to the lunchtime speech at Evraz Place. This was Fougere's first state of the city speech, though the event has quite a rich history in the city. In fact this was the 46th such event hosted by the Kiwanis Club of Wascana.

Also in attendance at the event was the current city council and former Regina mayors Pat Fiacco, Larry Schneider and Doug Archer.


Follow Jeff Mackey on Twitter @MetroJeffMackey

Mayor Michael Fougere delivers his first State of the City address on Thursday. His speech made good on an election promise with the announcement of a housing summit to take place in the city in May. JEFF MACKEY/METRO

## Shock waves

The world reacts in disbelief as 'Blade Runner' and Olympic star Oscar Pistorius is charged in the shooting death of his girlfriend PAGE 3

## Rock'n the boat

A new exhibit at the Royal Saskatchewan Museum looks at the link between music and social issues PAGE 2

## Have fun on Family Day

Metro will not be publishing on Monday, Feb. 18. Look for us again on Tuesday

## Stories we've told

From Sarah Polley to Denys Arcand, the Reel Guys tip their tuques to some of their fave flicks made by Canucks PAGE 7

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# Wallin's travel bill suggests she campaigned on public dime: NDP

**Audit.** Senator represents Saskatchewan though she hasn't lived here for decades

Sen. Pamela Wallin charged taxpayers nearly $26,000 in travel expenses during the last federal election period while appearing at a series of Conservative campaign events.

NDP ethics critic Charlie Angus is demanding to know whether Wallin — the latest senator to become embroiled in expense questions in the appointed upper chamber — used her Senate travel budget for partisan party business.

Wallin's travel expenses, which total more than $350,000 over the past 27 months, are currently the subject of an audit.

The NDP is citing Wallin's 2011 election stops in Moose Jaw and Collingwood, Ont. as evidence the former broadcaster was not travelling on Senate business.

"Senator Wallin and other Conservative senators were a very visible presence working for the Conservative party machine," Angus said Thursday outside the House of Commons.

"So what was she (doing) charging that amount of travel expenses ... while she was working on the Conservative federal election? Was that money charged for partisan activities? That's the question that we need to answer."

New Democrats raised the matter during Thursday's daily question period, but it was not directly addressed by the government.

Prime Minister Stephen Harper said all MPs and senators "are fully prepared and committed to have an examination of expenses to ensure that they are appropriate."

Rather than defend or explain Wallin's taxpayer-funded travel during the 2011 campaign, which propelled his Conservatives to a majority government, Harper said her overall travel expenses were comparable to those of New Democrat MPs from western Canada.

"These are the costs that parliamentarians incur when they travel back and forth from Ottawa to their provinces," said the prime minister. "That is what the senator has done."

THE CANADIAN PRESS

**In other audit news ...**

**Three others senators — Liberal Mac Harb, Conservative Mike Duffy and former Conservative Patrick Brazeau — are all being audited following questions about their housing-expense claims.**

- The results of those audits will be made public, Marjory LeBreton, the government leader in the Senate, said Thursday.

Conservative Senator Pamela Wallin, who represents Saskatchewan in the Senate. ADRIAN WYLD/THE CANADIAN PRESS


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# New RSM exhibit highlights Juno artists and sustainability

ALYSSA MCDONALD
alyssa.mcdonald@metronews.ca

The themes for the music exhibit were chosen from the RSM's Human Factor gallery, seen above with curator Glenn Sutter, which was recognized for leadership in sustainability education by UNESCO. ALYSSA MCDONALD/METRO

The Royal Saskatchewan Museum is celebrating the relationship between music and social issues by hosting a new exhibit with the upcoming Juno Awards.

The exhibit, called The Power of Music, will feature four stations around the theme of sustainability, including protecting nature, resilience, education and the Juno's annual sustainability ambassador.

It will feature around seven Canadian artists' songs which represent action and sustainability awareness in relation to one of the themes.

Glenn Sutter, the exhibit's curator, uses the example of Neil Young's anthem Rockin' in the Free World, in relation to being resilient.

"The song has a lot to do with social justice and making sure there is fair distribution of resources. He's a pretty good example of an artist who explored those kinds of ideas through music," said Sutter, who is also the curator of human ecology at the RSM.

Sutter says the exhibit will be multifaceted, with headphones to listen to music, interactive tablets to see videos and images, as well as artists highlighting their own efforts and causes.

"Certainly music is a way to inspire people ... to help people carry on with personal causes. That's why we called it The Power of Music. It is a powerful force. We should recognize and celebrate that," said Sutter.

The exhibit is a collaboration of the RSM and the Canadian Academy of Recording Arts and Sciences, the non-profit group behind the Juno Awards, and will be displayed in the lobby of the RSM starting the week of March 25.

Oscar Pistorius leaves a police station Thursday. THE ASSOCIATED PRESS

# Track star charged with murder of girlfriend

**'Blade Runner.'** Model Reeva Steenkamp was shot at the home of paralympic superstar Oscar Pistorius

South African paralympic sprint runner Oscar Pistorius was charged Thursday with the murder of his girlfriend who was shot inside his home, a stunning development in the life of a national hero known as the Blade Runner for his high-tech artificial legs.

Reeva Steenkamp, a model who spoke out on Twitter against rape and abuse of women, was shot four times in the predawn hours in the house, in a gated community in the capital, Pretoria, police said.

Hours later after undergoing police questioning, Pistorius left a police station accompanied by officers. He looked down as photographers snapped pictures, the hood on his grey workout jacket pulled up, covering most of his face.

His court hearing was originally scheduled for Thursday afternoon but has been postponed until Friday to give forensic investigators time to carry out their work.

South Africans were shocked at the killing. But while Pistorius captured the world's attention with his Olympic quest, police said there was a recent history of problems involving him. Police spokeswoman Brigadier Denise Beukes said the incidents included "allegations of a domestic nature."

"I'm not going to elaborate on it, but there have been incidents (at Pistorius' home)." THE ASSOCIATED PRESS

**Beauty with a law degree**

**Reeva Steenkamp, 30, campaigned against rape and violence against women. Thursday morning she was to give a talk at a Johannesburg school. The next day she was going to wear black to protest the brutal rape and mutilation of a 17-year-old.**

- The freckled, leggy blonde appeared in international advertisements and was South Africa's face of Avon.

An undated photo of Reeva Steenkamp during a photo shoot. She was shot four times Thursday. THE ASSOCIATED PRESS

**Oscar Pistorius**

Double-amputee Oscar Pistorius after winning the 400 metre T44 at the 2012 Paralympics in London. THE ASSOCIATED PRESS

## From podium to police cell

Since captivating the world with his groundbreaking Olympic trip to London, Oscar Pistorius' life seemed like an extended victory lap.

More than 230,000 Twitter followers have been given a glimpse into a life of fast cars and luxury holidays as the hero was feted by an adoring public. The "Blade Runner" has revelled in the fame that came from becoming the first amputee sprinter to compete at both the Olympics and Paralympics.

Among dozens of tweets in recent weeks, there are only a scattering of references to the girlfriend he is now accused of killing on Thursday.

Quoting a tweet from Reeva Steenkamp on Dec. 6 — "Wondering what my stalker is up to? Kinda miss him lurking around 2nyt" — Pistorius replies: "Heard he is taking a water break with the boys!;)"

Steenkamp gushed over Pistorius on Twitter, seeming to relish going out with one of South Africa's biggest stars.

By contrast, there was little outpouring of affection from Pistorius, although there was no indication their relationship had soured. Steenkamp was shot four times at Pistorius' home in Pretoria. THE ASSOCIATED PRESS

Local 10-digit dialing is coming

MAY 11, 2013

Beginning **May 11**, it will be mandatory to dial the area code plus the 7-digit number to complete all local calls in Saskatchewan. This is a result of a second area code (639) needed to meet a growing demand for more telephone numbers.

**For SaskTel Customers**

- **Starting February 25**, callers who dial 7-digits for local calls may hear a message reminding them the number dialed must include its area code. SaskTel will then automatically complete the call.
- **Beginning May 11**, callers will be required to dial 10-digits for local calls or the call will not be completed. Numbers used for text messages must also include the area code.
- **Review** the residential and business checklists at sasktel.com/dial10 to ensure you are ready for 10-digit dialing.

The new area code will affect all telecommunications service providers in Saskatchewan. Non-SaskTel customers should contact their service provider for details.

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# Is stress affecting your love life?

## Increase Libido and Energy with Maca!

Between work, family, household tasks and the thousand other things you're responsible for, is "not tonight dear" becoming your motto? Stress often goes hand in hand with a plummeting sex drive. Stress affects your hormones and if they are out of kilter, not only is your sex life affected but it can also lead to adrenal fatigue with the accompanying symptoms of cravings, fatigue, weight gain, poor sleep, moodiness and more…

When you feel stressed your adrenal glands kick into high gear and begin to enlarge. In 2003, Spanish scientists reported in the journal Phytotherapy Research that Peruvian maca can actually shrink overworked adrenal glands.

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# Harper criticized for telling victims to 'get on' and report abuse

**RCMP officers accused.** Human-rights group says prime minister is missing fear of reprisal

The human-rights watchdog that documented allegations of police abuse against aboriginal women in British Columbia is taking Prime Minister Stephen Harper to task for telling victims to just "get on" with reporting abuse.

Samer Muscati, a Canadian researcher who was involved in compiling the report released Wednesday, said Harper missed the whole point — that aboriginal women and girls are often too traumatized to co-operate with police.

"Those comments ignore the fear of reprisal those victims have," Muscati told The Canadian Press in an interview Thursday.

The report, from a New York group called Human Rights Watch, accuses RCMP officers of abusing aboriginal women and girls in northern B.C., and also includes an allegation of rape.

The alleged incidents were uncovered as part of a broader investigation into charges of systemic neglect of missing and murdered aboriginal women along B.C.'s Highway 16, nicknamed the "Highway of Tears."

Harper said the government has asked the Commission for Public Complaints Against the RCMP to look into the allegations but he urged those connected with the report to simply come forward.

"If Human Rights Watch, the Liberal party or anyone else is aware of serious allegations involving criminal activity, they should give that information to the appropriate police so that they can investigate it," he told the House of Commons on Wednesday. "Just get on and do it."

Muscati said Human Rights Watch tried to brief Harper and three cabinet members in advance of the report's release, but they were rebuffed.

Muscati said the group has no intention of sharing the information it has about the abuse allegations, as Harper urged them to do.

"We have to stand by the victims who have asked us not to identify them because they're terrified of police retaliation," he said. THE CANADIAN PRESS

**For the missing, murdered and marginalized**

People take part in the March For Missing and Murdered Women on Parliament Hill in Ottawa on Thursday.
SEAN KILPATRICK/THE CANADIAN PRESS

Refugee claims

## Mexico added to 'safe' country list

Mexico, a country awash in drug-related violence, is no longer considered by Canada to be a major source of genuine refugees.

It was among eight "safe" countries added Thursday to a controversial list now used by immigration to fast-track claims.

Immigration Minister Jason Kenney has said the changes will help cut through fraudulent claims clogging the system.
THE CANADIAN PRESS

# Lost data. Bureaucrats 'sorry' for privacy breach

We're sorry and we're trying to ensure it never happens again.

That was the message Thursday from senior federal bureaucrats responsible for the loss of personal information belonging to more than half a million Canadians.

Employees at Human Resources and Skills Development Canada lost an external hard drive and USB key in November, resulting in a massive privacy breach.

"Sensitive personal information was stored on unencrypted portable storage devices and not properly secured. This should not have occurred," said Ian Shugart, a deputy minister with the department. "I apologize for these incidents."

A trio of bureaucrats from the department appeared before a House of Commons committee Thursday to give their account of the events.

Most of the people affected participated in the Canada Student Loan program between 2000 and 2007.
THE CANADIAN PRESS

# Merger gives birth to U.S. mega-airline

**$11B deal.** New carrier formed by US Airways, American Airlines will carry more passengers than any other in world

American Airlines and US Airways jets park at the Philadelphia International Airport on Thursday.
THE ASSOCIATED PRESS

American Airlines and US Airways agreed Thursday to merge in an $11-billion deal that would create the world's biggest airline.

The combined carrier will be called American Airlines and be based in Fort Worth, Texas. It expects to have $40 billion in annual revenue and offer more than 6,700 daily flights to 336 destinations in 56 countries.

The deal is a coup for smaller US Airways Group Inc., and was driven by the persistence of its CEO, Doug Parker, who will run the combined airline. Parker sought a merger almost as soon as American parent AMR Corp. filed for bankruptcy protection in November 2011.

As Parker pushed ahead, creditors forced AMR's management to consider the value of a merger compared with a plan for an independent American. Eventually they concluded that the best return for stakeholders, and the best chance to compete with bigger rivals United Airlines and Delta Air Lines, came from a merger.

The deal also caps a turbulent half-decade of bankruptcies and consolidation for the U.S. airline industry.

Since 2008, Delta gobbled up Northwest, United absorbed Continental and Southwest bought AirTran Airways. If this latest merger goes through, American, United, Delta and Southwest will control about three-quarters of U.S. airline traffic.

The merger, expected to close in this year's third quarter, will reduce the number of major U.S. airlines to four: the new American, United, Delta and Southwest. That concerns some consumer advocates, but Parker sought to assure travelers that the merger helps them too — by creating a bigger rival to United and Delta.

THE ASSOCIATED PRESS

**Delayed effect**

- Travellers on American and US Airways won't notice immediate changes as a result of the merger. It likely will be months before the frequent-flier programs are combined and years before the two airlines are fully integrated.

## Buffett will have some ketchup on the side

**Billionaire Warren Buffett is dipping into the ketchup business as part of a $23.3-billion deal to buy H.J. Heinz Co., uniting a legend of American investing with a mainstay of grocery store shelves. It's the largest deal ever in the food industry and is intended to help Heinz accelerate its transformation into a global business. The company, based in Pittsburgh, also makes Classico pasta sauces, Ore-Ida potatoes and Smart Ones frozen meals. Buffett's Berkshire Hathaway is partnering on the deal with 3G Capital, the investment firm that bought Burger King in 2010.** THE ASSOCIATED PRESS FILE

## New cars must have shoulder belts for rear centre seats, Ottawa says

All new cars built in Canada as of September 2015 will come equipped with shoulder safety belts for the rear centre seat, a change that's part of an alignment of auto safety regulations in Canada and the U.S.

New crash test standards are also being adopted that could both improve automotive safety and save car makers millions of dollars, Health Minister Leona Aglukkaq said Thursday as she took part in announcing the changes.

On top of adding a mandatory requirement for lap and shoulder seat belts in the rear centre seat, car makers will have to use female and child-sized dummies in their crash tests, says Transport Canada. Those tests must also be conducted at higher speeds for front-end crashes.

THE CANADIAN PRESS

**Parting ways**

### Balsillie has sold BlackBerry shares, filing shows

Jim Balsillie once re-mortgaged his house to help build the BlackBerry company, but by the end of last year, the former co-CEO had cleaned out any shareholder stake he still owned.

A document filed with U.S. regulators shows that by Dec. 31 of last year he no longer held shares in the company formerly known as Research In Motion. In January 2012, Balsillie resigned from the co-CEO position, alongside co-founder Mike Lazaridis. They took director roles, but Balsillie completely exited the firm less than two months later.

THE CANADIAN PRESS

**Blast from the past**

### Pocket pets: Tamagotchi to launch app

Tamagotchi is re-hatching as an app. Bandai America Inc. and Sync Beatz Entertainment are hoping to revive the electronic pet craze of the 1990s with a new mobile app launching for Android devices.

The app, which is called Tamagotchi L.i.f.e., duplicates the egg-shaped plastic toy that became a must-own sensation much like Beanie Babies, Tickle Me Elmo and Furby.

Much like the original doodad, the app tasks users with taking care of a virtual pet by pressing buttons that simulate feeding, disciplining and playing with the critter on screen.

THE ASSOCIATED PRESS

**Market Minute**

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**Natural gas:** $3.17 US (-14¢)
**Dow Jones:** 13,973.39 (-9.52)

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# SORRY KARDASHIANS, YOU AIN'T NO MOON GODDESSES

THE LIST
Mike Benhaim
metronews.ca

**1** **Un, deux, trois.** U.S. President Barack Obama reacted to North Korea's nuclear test Tuesday by promising firm action on what he views as Kim Jong-un's "highly provocative act." The prez claims the move blatantly threatens U.S. security and international peace. After all, America already has all the nuclear weapons the world will ever need.

**2** **Missionary position.** We bid farewell to Pope Benedict XVI, a sports fan obviously named after Super Bowl XVI when the 49ers defeated the Bengals. This week, the papal 'Giant' gathered the 'Cardinals,' some of whom might be 'Saints,' and ask the 'Angels' to decide which 'Patriots' cup will runeth over. Vatican spokesman, Father 'Lombardi' says that Benedict is keeping the 'book' close, but that he has spent the last eight years assembling a team of veterans, still young enough to compete, that he believes can go all the way. So there.

**3** **Games people play.** Jacques Rogge, president of the International Olympic Committee, has agreed to discuss the decision to drop wrestling from the Games, but let's face it, who cares? I mean, we're not talking about a REAL sport like table tennis or synchronized swimming.

**4** **Fortunate sons.** Wonton Food Inc., largest U.S. producer of fortune cookies, has ceased printing intimate messages like: "the evening promises romantic interest," because some parents complained they were inappropriate for their children. OK folks, if this offends you, my first suggestion is: don't have kids. And if you choose to disregard this wisdom, well, good luck with school, the Internet, HBO, or raising a child in general.

**5** **Space marketing.** The SETI Institute and International Astronomical Union (IAU) started a public poll to name the recently discovered moons orbiting Pluto. The guidelines strictly specify names of underworld characters in Greek or Roman mythology, which disqualifies my entries of Kim and Khloe, Snooki and JWoww, and Tito and Jermaine, but many of the names from Harry Potter films still apply.

**6** **Alternate reality TV.** I dreamed I was at a party full of good-looking, talented, rich hobbyists who regularly have outrageous sex with extraordinarily attractive people. One would intermittently raise a glass to praise the other publicly for the value of their recreational output. I found myself looking in while the distance between us grew and panic set in just as I awoke, relieved that I hadn't missed the Grammys.

**7** **Capital duplicity.** Notorious infidelity website Ashley Madison released its list of Canadian cities with the most cheating spouses. The hands-down winner was Ottawa, where about one out of every 20 residents are members. This sparked an outcry among citizens who were devastated to discover there is such dishonesty in our nation's capital.

**8** **Hear me roar.** This week in 1975, at the height of women's lib, Linda Ronstadt had her first and only solo #1 U.S. hit with You're No Good. Ladies throughout America expressed solidarity as they enthusiastically sang the chorus to their men before defiantly leaving them. Just in time for Valentine's Day.

Kim, Kourtney and Khloe Kardashian can't keep up with Pluto's new moon name requirements, recent reports suggest. CHRIS PIZZELLO/THE ASSOCIATED PRESS

# British army deploys the toy

SWNS.COM

**Warfare technology**

## Spy chopper fits in palm of your hand

It looks like a toy helicopter but one commander has called it "a game-changing piece of kit" in modern warfare.

This pocket-sized aircraft, Black Hornet Nano, has been unveiled as the British army's latest weapon against the Taliban. The surveillance drone has three cameras fitted inside its nose to allow troops to spy on enemies from afar.

METRO WORLD NEWS

**Army's viewpoint**

**"Previously, we'd have sent soldiers forward to see if there were any enemy fighters hiding inside a set of buildings. Now we're deploying a Black Hornet to look inside compounds. It's so small and quiet that the locals can't see or hear it."**

Maj. Adam Foden, commander of the Brigade Reconnaissance Force at Camp Bastion, Afghanistan

The drone relays video and still images to a handheld control terminal. MINISTRY OF DEFENCE

**War casualties**

## Drones have killed children: UN

Drones are now a mainstay for the military but they are not without controversy.

U.S. attacks by manned and unmanned aircraft have killed "hundreds" of children in Afghanistan, according to the Committee on the Rights of the Child. The UN body said casualties were "due notably to reported lack of precautionary measures."

METRO WORLD NEWS

Metropolitan Panel

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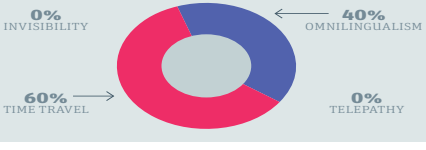
## If you could have one superpower, which would it be?




**Twitter**

**@noahevanchuk:** Counted 17 cars in the ditch bw #yqr and #CityMJ on the #1highway this morning. Peeps, it is okay to slow down when the road is sheer ice!

**@LuvChaos:** Please Note: #yqr Transit runs on the Sunday schedule! For those who HAVE to work, you'll likely be late, after the 2 transfer+hr waits!!

**@BiblioSiren:** At the Regina mayor's State of the City address. As a newbie to #yqr, I hope housing is #1

**@DCFraser:** Called a tow truck over a week ago, just got a phone call saying they're looking for my car now. Not joking. #yqr

**@skoods:** Food, fuel, fertilizer. I wish we could add environmentalism to that. #skpoli

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Sarah Polley's Stories We Tell is just one of the more recent great made-in-Canada films. HANDOUT

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

# Films of the true North strong and free

**Celebrating the maple leaf.** The Reel Guys take a look at their fave movies made by Canucks on National Flag of Canada Day

**Richard:** Mark, Canada has a rich tradition of documentary film making, so I thought I'd start with one of my recent favourite Can Con films, a doc by Sarah Polley. Stories We Tell is a frank look at a family secret. For years Sarah's family wondered why she didn't look like her father, actor Michael Polley. In the film she examines the story of her parentage, but what could have been a self-indulgent home movie is, instead, a riveting look into the dynamics of a group of individuals bound together by birth and circumstance. What's grabbed you lately?

**Mark:** As it turns out, she doesn't look much like her actual father, either! Yes, it's a good movie, although the last 20 minutes seemed too abstract for the rest of the film. I don't think you can talk about Canadian film without talking about French-Canadian film. I'm especially thinking of the great Denys Arcand, whose films play like a Quebecois version of Woody Allen's neurotic New Yorkers, and some of the coming-of-age-themed movies like C.R.A.Z.Y and Léolo, which I think is a masterpiece.

**RC:** Masterpiece is a big word — literally, it's 11 letters! But it's also applicable in the case of the movies you mentioned. While we're waving that flag I'd also add in Hard Core Logo, Bruce McDonald's long hard look at a punk band's life and death on the road. It's one of the best-loved Canadian films of all time and an all-time favourite of mine, regardless of origin. Less known, but also worthwhile, is the sequel HCL2, an eye-popping followup that captures the spirit of the first film but is also fresh and surprising.

**MB:** There are hidden gems throughout our cinematic history. One of my favourites, Richard? A Fan's Notes, from 1972. Based on the Frederick Exley book of the same name, it's a dark comedy about a middle-aged guy who realizes he will always be a fan, but never a player, in everything he does.

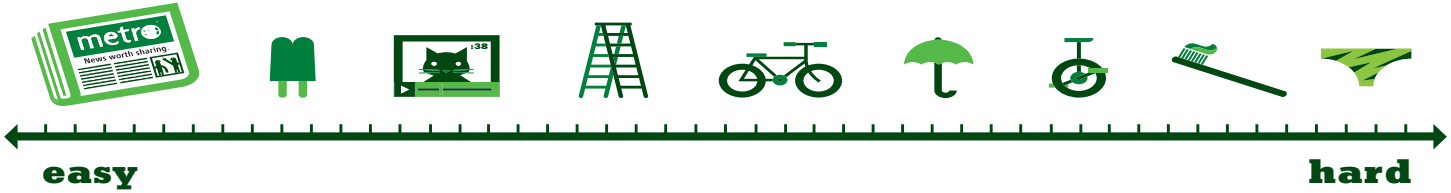
**RC:** A few years after A Fan's Notes I saw The Silent Partner, a heist movie about a mall Santa with plans to rob a bank. It's an entertaining movie with two lasting images: the newly built Toronto Eaton Centre and Christopher Plummer in drag!

**MB:** And if you watch Goin' Down The Road from 1970, the Royal York Hotel is the tallest building on the Toronto skyline!

**Synopsis**

The most romantic day of the year has come and gone, and while the rest of you are finishing off heart-shaped boxes of chocolates, the Reel Guys are celebrating National Flag of Canada Day by rounding up some of the best Canadian films.

## Sharability



# Should kids be in the Oscar race?

**Award season analysis.** With 9-year-old Quvenzhane Wallis in the running for a best actress statue, experts debate if children are deserving of coveted awards

Beasts of the Southern Wild star Quvenzhane Wallis is an actress of talent, poise and maturity well beyond her years.

She was only five years old when she auditioned and six when she played the part of Hushpuppy, a little girl of fierce strength and resourcefulness living with her daddy in a squalid slab of Louisiana swampland known as The Bathtub. She was just a regular kid from nearby Houma, La. — she'd never even acted before, and actually pretended to be a year older than she was to be considered.

Now, at only nine, Quvenzhane (Kuh-VAHN-zuh-nay) is the youngest-ever actress nominee at the Academy Awards. Altogether, Beasts has four nominations at the Feb. 24 ceremony, including best picture.

While her presence is undeniable, Quvenzhane's nomination raises the question: How young is too young to compete for an Oscar, the film industry's highest honour, which has eluded performers with decades more experience and acclaim? Is a child really capable of acting, with craft, or do these performances reflect uncanny instinct?

Director Benh Zeitlin doesn't think nine is too young for such an honour. Zeitlin, who is up for a best-director Oscar himself with just his first feature, praised Quvenzhane for the incredible sense of self she displayed from the beginning. But he also recalled one day when she seemed to be struggling on set, and he took her aside to ask what was wrong.

"'I know. I can't snap it today. Normally I can snap it,'" he remembered her saying.

"The fact that she had an internal sense of when she's in character, when she's getting the emotions right and feeling it, is really special even in experienced actors, but especially someone of her age to have that sort of self-awareness."

Justin Henry, who remains the youngest-ever Oscar nominee in any category for 1979's Kramer vs. Kramer, said that in some ways it's a purer form of acting at this age.

Henry was just six years old and had never acted when a casting director came to his Rye, N.Y., school looking for someone to play Billy, the little boy at the centre of Dustin Hoffman and Meryl Streep's custody battle.

He was seven when he shot the film and eight when he was nominated for best supporting actor. He lost to 78-year-old Melvyn Douglas for Being There. (Tatum O'Neal is still the youngest Oscar winner in any category; she was 10 when she earned the supporting-actress Oscar for 1973's Paper Moon.)

A voting Academy member, Henry said he thought it was "awesome" to see Quvenzhane get nominated for the acclaimed Fox Searchlight indie drama,

**Quvenzhane Wallis is the youngest-ever actress nominee at the Academy Awards.** ALL PHOTOS: THE ASSOCIATED PRESS

**No place for a kid**

Thelma Adams, contributing editor at Yahoo! Movies and a longtime awards prognosticator, points out that Shirley Temple was already well on her way to a career by the time she was 6, the same year she earned an honorary juvenile Oscar. "There was a lot of craft to what she was doing," Adams said. "With (Quvenzhane's) performance, it's kind of a life force. They've captured this wonderful little girl ... but it's not an acting performance." "I've seen her at parties," added Adams, the mother of two teenagers who perform. "I know she can get up in her party dress and charm, but I also saw a little girl who'd rather be riding a pony at a kids' party. ... To have her nominated, it's not good for her, no matter how great she was in the movie - and she was terrific — but this red carpet thing is a grind."

# A Glimpse Inside The Mind of Coppola

**Movies.** It's 'told from a guy's point of view,' but filmmaker says film is just about the human condition

STEVE GOW
scene@metronews.ca

Actor Jason Schwartzman and filmmaker Roman Coppola are clearly good pals. Not only have they worked on several films together (including Moonrise Kingdom — for which Coppola has earned an Oscar nomination for best writing) but the duo are practically inseparable as they pitch their latest comedy.

"I just think we're collaborative by nature and I think it's a good fit," explained Schwartzman recently during an interview. "And Roman, his attitude is if you can dream of it, we can do it — we'll find a way."

Coppola has truly tested that mantra in A Glimpse Inside the Mind of Charles Swan III. Not only is the film's title considerable but the "wild movie" involves a stylized world in which a graphic designer's life (played by Charlie Sheen) unravels at the sudden departure of his true love in spite of his best friend's (Schwartzman) support.

"It's told from a guy's point of view but I was pleased when I showed the film and a good, close friend said (she) really related to that character," admitted Coppola, who is certainly unafraid to enact the sex-obsessed title character's fantasies in the quirky comedy.

"Hopefully it's just about the human condition, so anyone can enjoy it."

The film (which opens Friday) has also been drawing obvious parallels between Charles Swan and its notorious star Charlie Sheen — a circumstance that Coppola stops short of admitting, if only to praise the actor.

"He has a wit, charisma and charm that's just something certain people have and most people don't," said Coppola.

"I knew that he had those chops and abilities as a really fine actor so I was excited and felt confident that he would nail it and was really excited to present him back on the big-screen again because I think he deserves to be there."

**Schwartzman's beard**

**"It was determined pretty early on that I would don as much curly hair as possible and as thick a beard as was doable. (My beard) cast quite an enormous shadow if the sun hit me in the right way."**

Schwartzman, of his stylized look in the film.

**THESE PAGES COVER MOVIE START TIMES FROM FRI., FEB.15 TO THURS., FEB. 21. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.**

### Southland Mall
### 3025 Gordon Rd., 306-585-7442

Django Unchained (14A) Fri 7-10:25 Sat-Sun 12-3:30-7-10:25 Mon 1:40-5:20-9 Tue-Thu 7:30
Gangster Squad (14A) Fri 9:30 Sat-Mon 12:45-9:30 Tue-Thu 8:50
A Good Day to Die Hard (14A) No Passes Fri 7:55-10:30 No Passes Sat-Mon 12:20-2:45-5:20-7:55-10:30 No Passes Tue-Thu 5:20-8
Hansel & Gretel: Witch Hunters (18A) Fri 7:45-10:05 Sat-Mon 1:30-4:25-7:45-10:05 Tue-Thu 6:20-8:40
Identity Thief (14A) Fri 7:15-9:55 Sat-Mon 1:10-4:30-7:15-9:55 Tue-Thu 6:25-8:55 Star & Strollers Screening Wed 1
Life of Pi 3D (G) Fri 7:25-10:15 Sat-Mon 1:15-4:15-7:25-10:15 Tue-Thu 5:45-8:35
Mama (14A) Fri 7:40-10 Sat-Mon 1:45-4:10-7:40-10 Tue-Thu 6-8:20
Quartet (PG) Fri 6:45-9:15 Sat-Mon 1:25-4-6:45-9:15 Tue-Thu 5:30-7:50
Silver Linings Playbook (14A) Fri 6:50-9:35 Sat-Mon 12:55-3:55-6:50-9:35 Tue-Thu 5:40-8:25
This Is 40 (14A) Fri 6:35 Sat-Mon 3:25-6:35 Tue-Thu 5:55
Zero Dark Thirty (14A) Fri 7:05-10:20 Sat-Sun 12:30-3:45-7:05-10:20 Mon 1:30-5:10-8:30 Tue-Thu 7 Star & Strollers Screening Wed 1

### Galaxy Cinemas Normanview S.C.
### 420 McCarthy Blvd. N. Unit 26, 306-522-9098

The Adventures of Elmo in Grouchland (G) Sat 11
Beautiful Creatures (PG) No Passes Fri-Thu 1:10-4:10-7:10-10:10
Escape From Planet Earth 3D (G) Fri-Thu 12:15-2:35-4:55-7:30-9:50
A Good Day to Die Hard (14A) No Passes Fri-Sun 12:20-1:15-2:50-3:45-5:30-7-8:05-9:35-10:35 No Passes Mon-Thu

Identity Thief. HANDOUT

12:20-1:15-2:50-3:45-5:20-7-7:55-9:35-10:20
Hansel & Gretel: Witch Hunters 3D (18A) Fri-Sun 12:30-3-5:25-7:50-10:20 Mon-Thu 12:30-3-5:25-7:50-10:15
The Hobbit: An Unexpected Journey 3D (PG) Fri-Sat 2:55-6:30-10:05 Sun 2:55-10:05 Mon-Thu 2:20-5:55-9:30
Identity Thief (14A) Fri-Sun 11:50-2:25-5-7:45-10:25 Mon-Thu 2:25-5-7:45-10:20
The Metropolitan Opera: Rigoletto Live (STC) Sat 11:55
Move to Move - Netherlands Dance (G) Sun 12:55
Rise of the Guardians 3D (G) Fri-Thu 12
Safe Haven (PG) Fri-Sun 11:45-2:30-5:10-8-10:40 Mon-Thu 1:30-4:15-7:05-9:45
Side Effects (14A) Fri 11:45-2:15-4:50-7:20-9:55 Sat 4:50-7:20-9:55 Sun 4:30-7:20-9:55 Mon-Thu 2:15-4:50-7:20-9:55
Warm Bodies (PG) Fri 12:05-2:40-5:05-7:35-10 Sat 11:30-2:10-5:05-7:35-10 Sun 1-4:20-7:35-10:30 Mon-Thu 12:05-2:40-5:05-7:35-10
WWE Elimination Chamber - 2013 (STC) Sun 7
Kramer IMAX Theatre
2903 Powerhouse Dr., 306-522-4629

The Hobbit: An Unexpected Journey (PG) Fri-Sun 3-8:15 Mon 1:45 Tue-Wed 3-8:15 Thu 1:45
Sea Rex: Journey to a Prehistoric World 3D (STC) Fri-Sun 12:30-7 Mon 12:30 Tue-Wed 12:30-7 Thu 12:30
To the Arctic 3D (G) Fri-Sun 1:45 Tue-Wed 1:45

### Paradise Cinema
### 1011 N. Devonshire Dr., 306-522-7888

Les Misérables (PG) Fri-Thu 9
Wreck-It Ralph (G) Fri 7 Sat-Mon 1:30-4-7 Tue-Thu 7
Zero Dark Thirty (14A) Fri 7:15 Sat-Mon 1:10-7:15 Tue-Thu 7:15
Golden Mile
3806 Albert St., 306-359-5250
Argo (PG) Fri-Wed 1:20-3:45-6:30-9:30
Broken City (14A) Fri-Thu 1:25-3:50-6:50-9:40
Bullet to the Head (14A) Fri-Thu 1:45-4-7:05-9:45
Hotel Transylvania (G) Fri-Thu 1:35-3:50-6:50-9:40
Jack Reacher (PG) Fri 1:15-3:50-6:40-9:25 Sat 11:15-3:50-9:25 Sun-Wed 1:15-3:50-6:40-9:25 Thu 3:50-6:40-9:25 Thu 1
Parental Guidance (G) Fri-Thu 1:40-4:05-7-9:50
Parker (14A) Fri-Thu 1:10-3:45-6:35-9:20
Rise of the Guardians (G) Fri-Thu 1:30-3:55-6:45-9:35
Skyfall (PG) Fri-Thu 9:15

### Regina Public Library Film Theatre
### 23 11 12th Ave., 306-777-6104

Amour (PG) Thu 7
Holy Motors (STC) Thu 9:30
A Late Quartet (14A) Fri 7 Sat 9 Sun 7
No Films Showing Today (STC) Mon-Tue
Rust and Bone (18A) Fri 9 Sat 7 Sun 9 Wednesday Plus (STC) Wed 7

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# Hugh Bonneville is lord of this manor

**Downton Abbey.** Actor reflects on the show's massive success

The third season of Downton Abbey ends this Sunday with a bang. But even with that, the larger point remains that after Sunday's Masterpiece Classic (airing at 9 p.m. Eastern on PBS), viewers must suffer Downton withdrawal until next season.

But until then, we'll have our memories. And what a season this has been! The valet, Mr. Bates, was sprung from jail and a trumped-up murder charge to begin married life with his bride, the plucky lady's maid Anna. Robert Crawley, Earl of Grantham (played by Hugh Bonneville), has gotten Downton Abbey back on its feet financially with an able assist from his son-in-law and presumptive heir, Matthew Crawley. Matthew wed his true love, Lady Mary Crawley. But another of Robert's daughters, Lady Sybil, died tragically during childbirth.

Through it all, Robert's mother Violet, Dowager Countess of Grantham (played by Maggie Smith) delivered a barrage of withering, hilarious rejoinders to virtually every narrative twist.

"I remember my very first scene with her in Season One," says Bonneville. "She's complaining about the new electric lights, and suddenly she put her fan up to her face to shield herself from 'the glare,' and spent the entire scene like that.

"It was so funny, and I was just, 'All right! There's no point in my even being here. She's just marched off with the scene!"'

Now, as then, Downton is a plush, penetrating peek into the lives of the aristocratic Crawley family and their household servants in an English castle of a century ago. With a cast that also includes Michelle Dockery, Elizabeth McGovern, Dan Stevens, Jim Carter and Brendan Coyle the series this season has drawn an average 11 million viewers each week.

The 49-year-old Bonneville, even firmly planted in a 21st-century Manhattan hotel, looks to the manor born. Nonetheless, his roles have strayed some distance from the lofty likes of Robert Crawley. For instance, Bonneville has been affable and bumbling in Notting Hill and Mansfield Park, and downright villainous in The Commander.

And coinciding with his Downton duties, he also played the addled Head of Deliverance for the Olympics commission in Twenty Twelve, a BBC mini-series that spoofed preparations for the London Olympics.

"There are people who think I've been doing nothing for 25 years, and then suddenly I get this role on Downton Abbey," Bonneville says with a laugh. "But I've had a really lovely time for 25 years! I've played everything from Shakespeare to sitcoms to period dramas to modern serial killers."

Of course, Bonneville realizes that Downton is a good bet for the lead citation in his obituary. He has finally acknowledged it: 'This show is a cultural phenomenon, not just a fad.

And he has theories why: the savoury writing by series creator Julian Fellowes, the cast is splendid, production values are luxurious and the premise remains rich with possibility.

"Underneath it all, this series is about romance rather than sex, it's about tension rather than violence, and it's about family — both the literal family and the staff as family," says Bonneville. "It explores the minutiae of those social structures, the nuances of the system as to whether someone's in or out."

THE ASSOCIATED PRESS

Hugh Bonneville plays the patriarchal Lord Grantham. DAN HALLMAN/INVISION/AP

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# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Evan Rachel Wood

## Wood furious over leaked ultrasound pic

Evan Rachel Wood went on a Twitter tirade after discovering that the Daily Mail had published a photo of her ultrasound. "Which sick f— paparazzi hid in the parking lot of my hospital after my ultrasound? I can't stand this," she tweeted. "I couldn't be more furious right now. I want to cry. My child isn't even born yet." Wood is expecting her first child with husband Jamie Bell. After asking the newspaper in a later tweet to remove the image, the story was taken off its site.

The Word

## *Is Alexa Ray Joel slowly morphing into Minka Kelly?*

THE WORD
Dorothy Robinson
scene@metronews.ca

Pictures popped up recently of Alexa Ray Joel, the 27-year-old spawn from the famous union between Uptown Girl Christie Brinkley and Billy Joel, and they are looking a little, well, suspicious. But don't listen to what your head is telling you (and I know your head is screaming, "girlfriend got plastic surgery!"). No, read what Brinkley has to say about her daughter's changing looks.

The former supermodel went on Anderson Live on Thursday to defend her daughter, saying her transformed appearance isn't from a doctor, but rather she's "blossomed."

"She's stepping out into the world, she's doing things and now (her critics) can't even accept it — it's like, 'Oh she's too beautiful, she bought it all, it's all plastic surgery,'" she said. Brinkley says the only surgery Joel has ever "bought" is "a little tweak of her nose."

The whole thing is totally Freud-worthy (it must be rough to have Christie Brinkley as your mother no matter how cute you are) but since this is a gossip column and not a graduate-level course on psychotherapy, let's just say that if I were Minka Kelly, I'd be slightly disturbed.

## Hannigan gets restraining order against stalker

How I Met Your Mother star Alyson Hannigan has been granted a temporary restraining order against John Hobbs, a New Hampshire man who has repeatedly threatened the lives of Hannigan, her husband, Alexis Denisof, and their children, according to E! News. Hobbs, who was recently discharged from a mental hospital, must stay at least 100 yards away from Hannigan and her family and must refrain from posting about them online. "I still can marry you tomorrow, I can kill you tomorrow too," one Facebook posting by Hobbs last month reads. "It doesn't end. Even after death."

Rihanna ALL PHOTOS GETTY IMAGES

## RiRi losing friends over rekindling with Brown

Rihanna has received her share of criticism for reuniting with Chris Brown, who was arrested for assaulting her in 2009. And it turns out the rekindled romance is even costing her some friendships. Rihanna and Katy Perry "aren't tight anymore because Katy doesn't approve of Rihanna dating Chris Brown," a source tell Us Weekly. Perry and beau John Mayer reportedly steered clear of Rihanna and Brown at the Grammys last weekend.

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Liquid Assets

## Dynamic duo: Eggs and wine

LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

Sharing my page with Rick Mercer this week has brought out my inner rant.

It's a rant inspired by the union of booze and the most important meal of the day — breakfast.

Now, I don't mean having a few Jäger bombs with your bagel before hitting the road to work. That's why the Italians invented the skinny cappuccino.

I'm talking weekends, holidays, snow days. Those mornings where your keys stay in your coat and you can sip and savour a bevy over a plate of home cooked goodness like, say, scrambled eggs.

What makes brunch, lunch and dinner so special when it comes to an adult liquid partner pairing?

I say that breakfast has lived in its shadows for too long, and it's time we all find an opportunity to break out the stemware in the a.m.

Even with their jiggly-feel, eggs are easy on many wines. Keep things white, unoaked and fruit-forward.

Think wines made with the riesling, sémillon or sauvignon blanc grape.

Kim Crawford 2011 Pinot Gris ($19.95 to $22.99) is another good choice.

Rich, textured and tropical, it makes a fine companion for any egg dish — morning, noon or night.

**PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**

# Dining on the road with Mercer

**Q&A.** The Rick Mercer Report star shares his fave meals and places to eat across Canada, as well as a recipe for his go-to dish

DAN CLAPSON
life@metronews.ca

Everyone's favourite Canadian funnyman Rick Mercer doesn't really sit still. His popular show, The Rick Mercer Report, sees him on the road, popping in and out of many of Canada's diverse cities.

I caught up with Rick in between his busy travel schedule to find out what he eats on the road.

**What's the best part about being able to travel across Canada regularly?**
It's such a big country but I never get tired of it at all. I can't say enough (about) it. I love getting to know a part of the country. I actually do view the entire country as the "town" I live in. I am all over the country all the time and I love it.

**Since you travel so much, do you find it hard to eat healthy on the road?**
It's extremely difficult, to no fault of the travel, quite frankly. If you're hitting the road at 6 a.m., there are very few options. There was a decade of those terrible egg sandwiches, which everyone enjoys while they're eating but then regrets immediately after.

**What's the staple 'quick meal' for you when you're on the road with your show?**
The staple on the road is the Tim Hortons' ham and cheese. I cannot tell you how many ham and cheese sandwiches have been consumed by my team and I while we're on the road. It's shocking how many of those we consume for lunch! At least it's not a burger and fries. You can't do that everyday, otherwise it's over!

**If you are stuck in a lay-over, what fast food joint do you succumb to when you're hungry with nothing to eat?**
Well, that depends on the airport. I do know every airport in the country! There is no scenario where I am in Montreal's airport and not have a Schwartz's!

**One of the best meals you've had was at...**
Da Maurizio in Halifax. It's still, to this day, the best Italian I've eaten in this country. Yes, I know those are fighting words!

**If you had to pick a Canadian city's airport to live in for a week, which one would it be?**
Vancouver has a tremendous airport with great food. I believe the (luggage) carts are free too, which I always admire in an airport. It's just a comfortable place. I could live there!

**If you are at home, what do you eat?**
I'm a big scrambled eggs guy at (home). Also, I think 90 per cent of the eggs you get in a fast food restaurant or while you're travelling are not particularly very good — probably because they were made the day before or something.

At home, Rick keeps it simple with his favourite food: scrambled eggs. SUBMITTED

### Rick's Scrambled Eggs

**1.** Whisk together the eggs, half and half, black pepper, paprika and salt.
**2.** Melt the butter in a large pan on medium heat. Once melted, add the egg mixture to the pan and let cook for 2 minutes.
**3.** Using a spatula or spoon, push egg mixture from the sides of the pan into the centre and let cook for another 2 minutes. Repeat until all of the egg mixture has cooked through.
**4.** Stir in any grated cheese or optional ingredients and serve.

- 6 large eggs
- 2 tbsp half and half
- 1 tsp ground black pepper
- 1 tsp paprika
- 1/2 tsp salt
- 2 tsp butter
- Optional ingredients: Freshly grated Parmesan, chopped tomatoes, sliced scallions, etc.

RECIPE COURTESY OF RICK MERCER

This recipe serves three. ISTOCK

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## Book of love. Bible that survived ocean crossing holds a family's history

It was always there: on a table, her counter or carefully laid open on a chair.

The worn black book with a cross in fading gold was one of her most treasured items. In fact, it was her only real possession after having lost everything she owned when she made the long journey from Jamaica to England and, at last, Canada, in the '70s.

Her luggage never made the trip to Canada, lost somewhere on route or perhaps left behind in England. The bible was the one true reminder of where she came from — and that was just fine with my grandma.

Yellowed on some pages, faded on others, in a way it was a representation of her life that began as a bright, ponytail-wearing child in Jamaica who had weathered severe adversity but still had a great story to tell.

It was a book her mother gave her, passed down from her mother before her. It was the only thing that survived her flight across the Atlantic Ocean.

The first words in the book were in the family tree that was found on the first page and hardly legible any more, having been written in pen so many years ago. Her mother, my great grandmother, who was born in 1916, stands as the first entry. Added names throughout the decades in different coloured ink play out like a trail to the living and preserve memories of family members passed. Family I will never know, but who hold sway in my grandmother's life (how long that life has so far been, my grandma refuses to tell. A lady never tells).

When my grandmother immigrated to Canada, she reasoned moving closer (at least geographically) to Jamaica from England and to a better job was the right decision.

As much as the cold, wet weather made her knee ache sometimes, it was her home, and the place where she'd met my grandfather — a Jamaican expatriate, like herself, looking for better opportunities away from the tiny island where they grew up.

In the end, her life in Canada was better than she would have expected. She worked hard and eventually purchased a modest place to call home and later gave birth to a cherub-faced daughter (my mother) in her adopted country.

She visits Jamaica as much as her health will allow her, but won't likely return for good. If she ever feels homesick she never lets it show, but that could be because her book, with the cross in fading gold and barely legible family tree, is always within arm's reach.

**TAKARA SMALL, METRO**

Takara Small and her grandmother. PROVIDED

# Soaking in serenity on Salt Spring Island

**Black history month.** Historic photo evokes the peace found by many black immigrants in British Columbia

**EVELYN C. WHITE**
For Metro Canada

The stirring 1963 I Have A Dream speech by Rev. Martin Luther King, Jr. stands as a landmark in the black freedom movement in North America.

But more than a century before King's plea for racial justice, a group of blacks, weary of discrimination, left the U.S. and settled on B.C.'s Salt Spring Island, located in Georgia Strait between Vancouver Island and the Mainland.

Today, direct descendants of the black pioneers still reside in the pastoral landscape also hailed as a vibrant artist colony.

I was thrilled to discover Salt Spring's black history when fate brought me to the island about a decade ago.

The intriguing saga begins with Sir James Douglas (1803-1877) who, in 1858, was appointed the first provincial governor of B.C.

The son of a black woman from Barbados and a Scottish planter, Douglas, in need of skilled workers to meet a gold frenzy in the region, urged a band of blacks in California to move to B.C.

At the time, a federal Fugitive Slave Act that poised them for possible return to bondage threatened free blacks. Dispirited by an increasingly hostile climate, several hundred blacks accepted Douglas' invitation and sailed north to Victoria.

By 1859, a core group of the blacks had built log cabins on nearby Salt Spring Island, the ancestral grounds of the Coast Salish people. There, they hunted cougars, cultivated farms and cleared the deeply forested terrain for future immigrants.

Salt Spring's black pioneers included Jim Anderson, who built the community's first public picnic site on his property. Proficient on the trumpet, he routinely roused neighbours with a brisk blast of Reveille.

Salt Spring Island pioneer Jim Anderson poses for a photo on his canoe with one of the Whims children at Walker's Hooke in the early 1930s. JESSE BOND/COURTESY SALT SPRING ARCHIVES

**For more on black history**

- To read the three winning essays in RBC's student competition, go to metronews.ca and click on Black History Month

I was captivated by the image of a nattily dressed Anderson and a black boy in a canoe that appears in my book Every Goodbye Ain't Gone: A Photo Narrative of Black Heritage on Salt Spring Island.

Our African forebears packed like sardines in the holds of slave ships, many North American blacks have a pained relationship with boats and water. This discomfort has been compounded, over the years by our wounding experiences with segregated beaches, swimming pools and "coloured" drinking fountains.

The serenity that the pair exhibits in the photo marks the peace that has prompted a steady stream of black folk to settle on Salt Spring since the late 1850s.

Inspired by Anderson and the youngster, I braved my long-standing fear of water and learned how to swim during my sojourn on the island.

# Stitching together stories of strife and success

**Patch of the past.** Irreplaceable quilt was born of necessity, but sewn with soul

**SHAUNTAY GRANT**
For Metro Canada

I'd probably seen my great-grandmother's quilt a dozen times before noticing the teal pocket gently set against a blue and white tweed.

"My sister's coat," my grandmother explained. "And those are old dresses," she added, signaling a colourful border lined with red, pink and mauve patterns.

"And the yellow?" I wanted to know.

"That was a winter top," she said. "These are all old winter dresses, coats, skirts…"

"And the brown stains?"

"Smoke stains. From when the old house burned down — the second time."

And suddenly my great-grandmother's quilt was more than just worn fabric. It was a time capsule. A memory book. A diary full of stories.

The quilt itself is just 65 years young, but the story goes back much further. As far back as the migration of American Black Loyalists and Jamaican Maroons to Nova Scotia in the latter part of the 1700s. And as far back as the wave of Black Refugees who — like the Loyalists and Maroons — settled in rural Nova Scotia after the War of 1812. Like her ancestors, my great-grandmother Annie Simmonds (1901–1986) encountered many hardships — set against a backdrop of marginalization and racial segregation, the people of her community (North Preston, Nova Scotia) were faced with brutal winters, unwanted soils and a lack of basic needs like food, clothing, and adequate shelter.

Shauntay Grant's great-grandmother's quilt. PROVIDED

**Wrapped in remembrance**

**"Of the many winter quilts my great-grandmother would have stitched to warm her children, this single heirloom is all that remains."**
Shauntay Grant

"The houses were very cold back then," remembers my grandmother. "Made of slab boards, tar paper and sealed with cardboard."

My grandmother says these old patch quilts were the best defence against the cold climate. And of the many winter quilts my great-grandmother would have stitched to warm her children, this single heirloom is all that remains.

And it's full of stories.

My grandmother tells me she remembers watching her mother piece the quilt together, sitting on a kitchen chair near the woodstove, the fabric just spilling from her lap. And she remembers how the cat got lost inside the lining, and how her mother almost stitched the quilt shut not realizing that "Fluffy" was trapped inside.

My grandmother herself has carried on this tradition of making quilts, and hers are beautiful patterns with stories of their own.

But none touches me so much as this old winter quilt come from necessity; knotted with yarn and slanted around the border; indifferent to pattern and symmetry; with heaps of stories wrapped up inside.

# Players mull over cut-proof protection

**NHL.** Reigning Norris Trophy winner's injury to Achilles has given the league a scare

Gruesome cuts like the one that ended Ottawa Senators defenceman Erik Karlsson's season are not new to hockey or any sport played on skates.

But when a Norris Trophy winner goes down after his Achilles tendon is nearly severed in half, it makes players around the NHL wonder if they should start wearing cut-proof socks and other equipment that may prevent such scary injuries.

The Karlsson injury was the talk of the league Thursday after Karlsson's left Achilles tendon was cut by a skate blade during a game against the Pittsburgh Penguins on Wednesday night.

Senators general manager Bryan Murray said 70 per cent of Karlsson's tendon was cut as a result of the incident. Karlsson underwent surgery Thursday and recovery is expected to be at least three-to-four months, thus ending Karlsson's season.

Many players are already wearing cut-proof kevlar socks but a lot have either never tried them or don't like them.

"It's a tough call," said Karlsson's defence partner Marc Methot. "Most of us have never even tried them on before.

"It certainly raises awareness now. I'm going to try them out."

Murray lamented some players are stubborn about their equipment even if it may prevent an injury.

"We have skate guards that defencemen should be wearing and I look around and not many defencemen are wearing them," he said. "Players want to be able to play at a high speed and they think that some of this stuff is cumbersome so they take the risk of not wearing it."

Several high-profile NHL players have missed significant time due to skate cuts.

Defencemen Kevin Bieksa of the Vancouver Canucks and Andrei Markov of the Montreal Canadiens both have had their legs sliced open by razor-sharp skates in recent seasons.

Anaheim Ducks scoring star Teemu Selanne has had two major cuts in his career and now wears kevlar socks and wrist guards.

Both Buffalo Sabres goalie Clint Malarchuk in 1989 and Florida Panthers forward Richard Zednik in 2008 nearly died when arteries in their throats were slashed by errant skates.

Karlsson was retrieving the puck in a corner when Matt Cooke's skate sliced into the back of his left leg just above the boot of his skate. Karlsson was not wearing cut-proof socks.

"I had trouble watching it to be honest with you," Calgary Flames forward Michael Cammalleri said of Karlsson's injury. "I got cut above the knee in the first game of last season and ever since, I've been completely paranoid.

"I wear cut-proof socks and wrists guards and everything now because of it."

NHL vice-president Kris King, whose duties include player safety, said the league has not looked at making cut-proof socks mandatory. But it has been encouraging teams to promote them to their players.

He said when the league first looked into kevlar equipment in 2010, there was only one company making it. Since then, the NHL has helped other firms and individuals get into the market with new products. THE CANADIAN PRESS

**M.I.A.**

**Karlsson's recovery time is expected to be at least three-to-four months.**

- Karlsson was injured while being checked by Pittsburgh's Matt Cooke, who was not disciplined by the league.

Ottawa Senators defenceman Erik Karlsson limps off the ice after colliding with Pittsburgh Penguin Matt Cooke in Pittsburgh on Wednesday. Karlsson will need surgery to repair his Achilles. GENE J. PUSKAR/THE ASSOCIATED PRESS

**WHL**

## Pats draw Broncos, Hitmen on weekend

The Regina Pats (20-31-6) have a busy weekend in store for them.

They will be hosting the Swift Current Broncos (27-25-6) on Friday at the Brandt Centre. The Pats currently sit 11th in the Eastern Conference and beating the seventh-place Broncos would go a long way to starting the final leg of the season off on the right track.

The Pats will face a bigger challenge on Sunday when they face the third-place Calgary Hitmen (37-17-4) in Calgary. The Hitmen are 6-4 in their last 10 games.
METRO

**CFL**

## Argos sign GM to extension

It took three months, but Jim Barker finally got his contract extension.

The Toronto Argonauts general manager signed a two-year extension Thursday and is now under contract with the defending Grey Cup champions through the 2015 season.

Toronto raised eyebrows Nov. 8 when it gave head coach Scott Milanovich a contract extension and not Barker, who only had one year remaining on his deal.

That decision created much speculation regarding Barker's future in Toronto because days earlier the Edmonton Eskimos had fired Eric Tillman as their GM. But Barker said he and Argos president Chris Rudge spoke about a contract extension during the season and both agreed securing Milanovich's future was the priority.
THE CANADIAN PRESS

# Janssen, Romero step onto comeback trail

Toronto Blue Jays closer Casey Janssen takes part in a drill in Dunedin, Fla., on Thursday. Janssen had shoulder surgery in November following a season in which he saved 22 games for the Jays. NATHAN DENETTE/THE CANADIAN PRESS

The sun was nowhere to be seen Thursday and eavestroughs carved puddles into the gravel at rainy Florida Auto Exchange Stadium by early afternoon.

Of course, most Blue Jays players had left by then.

Still, it was a good day's work for pitchers Casey Janssen and Ricky Romero.

Both threw from the practice mound, taking another step in their comeback from off-season surgery.

For rehabbing pitchers, making it to the mound only comes after seemingly endless tossing sessions on level ground.

"It was fun to be on a mound and throwing downhill again," said Janssen, a reliever who had shoulder surgery in November.

"Any time you get a chance to get up on that mound and see a catcher, it feels good," said Romero, a left-handed starter who had his elbow cleaned out in October and had platelet-rich plasma (PRP) injections in both knees.

The 31-year-old Janssen, who took over as closer after Sergio Santos had shoulder surgery in July, converted 22 of 25 save opportunities and finished a fine season with a 1-1 record and 2.54 earned-run average.

He is being monitored closely to ensure he does not come back from surgery too fast. He estimated Thursday he was throwing at 70 to 80 per cent of what he is capable of.

In 2012, Romero raced out to an 8-1 record but eventually tied a franchise record with 13 straight losses. He finished with a 9-14 record and 5.77 ERA in 33 starts.

With the surgery, he had plenty of time in the off-season to ponder a rotten year. Asked how that felt, he replied "Like crap," and laughed.
THE CANADIAN PRESS

**Quoted**

**"I had a bad year and that's all there is to it."**

**Starting pitcher Ricky Romero,** who's not making excuses for his struggles last season.

See today's answers at metronews.ca/answers.

## Horoscopes

### ♈ Aries
**March 21 - April 20**
You will have to make sacrifices in one area if you want to make progress in another. At work, try to get important people on your side because no matter how talented you happen to be, you can't do it all alone.

### ♉ Taurus
**April 21 - May 21**
Whatever your plans, whatever your schedules, whatever your deadlines, it is essential that you take life at a slower, calmer pace today. Everything you need will come to you if you let it. Sit back and let it happen.

### ♊ Gemini
**May 22 - June 21**
You may not feel brave on the inside but try to look brave on the outside. Self-confidence is the key to success now and if you can convince people you've got it you'll get what it is you desire.

### ♋ Cancer
**June 22 - July 23**
You may have to rely on partners and colleagues a bit more than usual over the next 24 hours. That means revealing information you might prefer to keep to yourself. Make sure you confide only in those you trust.

### ♌ Leo
**July 24 - Aug. 23**
You cannot possibly be the best at everything — no, really! And the sooner you stop trying, the better. You will achieve more over the next few days if you stick to the two or three things you are exceptionally good at.

### ♍ Virgo
**Aug. 24 - Sept. 23**
You need to get serious about something of a creative or artistic nature. You may think you are serious about it already but deep down you know you have been holding back. As from today, you must give it your all.

### ♎ Libra
**Sept. 24 - Oct. 23**
You don't have to suffer in silence if someone has cheated you in some way. Shout out loud about it. Kick up a fuss. If you don't make an issue of it now they will take advantage of you again later on.

### ♏ Scorpio
**Oct. 24 - Nov. 22**
Let others have their say first then, when they have finished, point out the flaws in their argument. You may not win many friends but you will make it clear you are not going to be taken in so easily.

### ♐ Sagittarius
**Nov. 23 - Dec. 21**
Saturn's influence demands that you start thinking seriously about ways to make ends meet and make your money go further. In a nutshell, you must spend less or earn more. Ideally, of course, you need to do both.

### ♑ Capricorn
**Dec. 22 - Jan. 20**
Strive to make a positive impression on people in positions of authority. The more you can show them that you are on top of your game, the more likely it is they will turn to you when there is a promotion on offer.

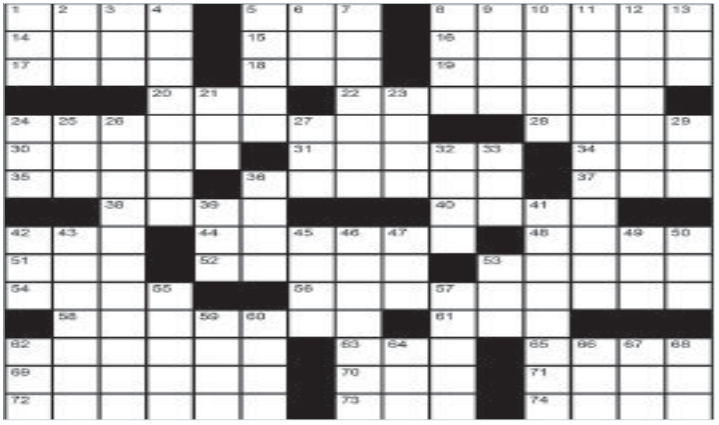
### ♒ Aquarius
**Jan. 21 - Feb. 19**
You seem to be struggling with some serious questions about your place in the world. You certainly have not found the right answers yet. Don't worry, it's only a matter of time before it all clicks into place.

### ♓ Pisces
**Feb. 20 - March 20**
People are looking to you to take a lead and you must not let them down. Today's Mars-Pluto link will endow you with loads of energy and no end of self-confidence. You'll need them for the tasks ahead.

SALLY BROMPTON

## Crossword: Canada Across and Down

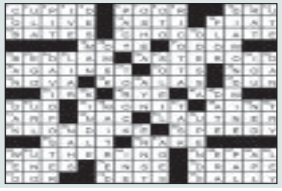
BY KELLY ANN BUCHANAN



**Across**
1. National __ of Canada Day
5. Prefix to 'metrical'
8. Takes on the role of: 2 wds.
14. Copy of an orig.
15. My own, in Latin
16. "Wow!", in Australia
17. Abominable snowman
18. Grass appendage
19. The Grand __
20. Prefix to 'lead'
22. Marc __, painter of I and the Village (1911, oil on canvas)
24. "Rise Up" by The __ Club
28. Earth
30. Anoint, archaically
31. Lathers
34. Dundee denial
35. __ poker
36. Baseball great Mickey
37. Explosive letters
38. Sporty brand
40. Mil. stockpile
42. UK record label
44. Deceive
48. One who must pay
51. Philosopher, __-tzu
52. Drive, do this
53. Two down, __ __ go
54. Mailed a letter
56. Phar Lap, for one
58. Creeks
61. Roadie's haul
62. Make _ __ (Reception tradition)
63. Meditation sounds
65. Receptive
69. Self-evident fact
70. 'The Science Guy', Bill __
71. Former currency in Italy
72. Mr. Safer, Canadian correspondent on "60 Minutes"
73. Mr. Mineo
74. Wool

**Down**
1. Use a pan
2. Kathie Gifford link
3. Inclined
4. House of __ (Monaco's royal family)
5. NBC series starring "American Idol" alum Katharine McPhee
6. Archery bow wood
7. New Brunswick city
8. Medieval silk and gold fabric
9. Rugged cliff
10. Singer Ms. Turner's
11. Niagara Falls lookout structure: 2 wds.
12. __ harp (It sounds in the wind)
13. Equivalent word [abbr.]
21. Arctic __ cap
23. Warmth
24. Not: French
25. Social bug
26. Classic rock band's venture, perhaps: 2 wds.
27. Can. neighbor
29. Allow
32. Theatrical work
33. Theological sch.
36. Convene
39. "Footloose" (1984) star ...his initials-sharers
41. Classic board game
42. Pro golfer Ernie
43. "Let Your Backbone Slide" by __ Fresh-Wes
45. Condition
46. Causes
47. Rainbow shape
49. Aliens, for short
50. Caviar
53. Electrical resistance unit
55. Hiker's snack, __ mix
57. Painter's stand
59. Being, in Latin
60. 1996 to 2001 Canadian series, "Wind __ __ Back"
62. Cash dispenser, commonly
64. "Lady Marmalade" co-singer
66. 1980s starlet Ms. Zadora
67. "To __ is human..."
68. Book publisher, __ A. Talese

## Yesterday's Crossword



## Sudoku

**How to play**
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 5 | 3 | 9 | 8 | 4 | 1 | 2 | 7 | 6 |
| 1 | 8 | 7 | 3 | 2 | 6 | 5 | 4 | 9 |
| 4 | 6 | 2 | 5 | 7 | 9 | 8 | 1 | 3 |
| 3 | 4 | 1 | 7 | 6 | 8 | 9 | 5 | 2 |
| 9 | 2 | 6 | 1 | 5 | 4 | 6 | 3 | 7 |
| 7 | 5 | 8 | 2 | 9 | 3 | 4 | 6 | 1 |
| 6 | 1 | 3 | 9 | 8 | 2 | 7 | 9 | 5 |
| 2 | 7 | 4 | 6 | 3 | 5 | 1 | 8 | 8 |
| 8 | 9 | 5 | 4 | 1 | 7 | 3 | 2 | 4 |

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# Step out and discover your city

**NEW DANCE HORIZONS' MAGDANCE 2, *Feb. 15***
Enjoy performers at MacKenzie Art Gallery.

PHOTO: THINKSTOCK

**REGINA SYMPHONY ORCHESTRA POPS, *Feb. 16***
Music from classic to contemporary films.

PHOTO: THINKSTOCK

**PROVINCIAL CROSS COUNTRY SKI CHAMPIONSHIP, *Feb. 16 to 17***
Events at the Regina Wildlife Federation and White Butte Trails.

PHOTO: THINKSTOCK.COM

**ARCTIC/ARCTIQUE ADVENTURES, RCMP HERITAGE CENTRE, *Feb. 18***
Snowshoeing, dogsled and presentations.

PHOTO: THINKSTOCK

**MID-WINTER BLUES FESTIVAL, *Feb. 28***
Favourite bands play at the Royal Saskatchewan Museum.

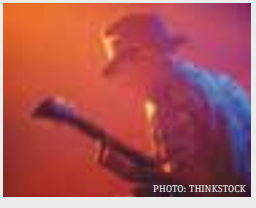

PHOTO: THINKSTOCK

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